



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Ernst, Marcel

Club: Sonntagsläufer

Number: 479

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:37:38

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 114 (of 528)

Rank in course/Men: 110 (of 390)

Best time in course: 1:09:23

Rank in category: 27(of 60)

Best time in the category: 1:13:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	50:12	5:01	28	13:05	112	14:41	10.00	50:12	5:01	28	13:05	112	14:41
Last lap Finish	10.00	47:26	4:44	28	11:19	110	13:34	20.00	1:37:38	4:52	27	24:24	110	28:15